

Mondays to Fridays

NOTE Between Romford and Stratford extra buses provide a service every 6 minutes during peak hours.

From	To	0535	0555	0618	0644	0650	1500	1506	1512	1518	1730
Romford Station	Romford Market	0539	0559	0622	0649	0655	1505	1511	1517	1523	1735
Chadwell Heath Coopers Arms	Seven Kings Garage	0549	0609	0632	Then about every 6 minutes until	0902	1515	1521	1527	1533	Then about every 1746
Ilford Broadway	Manor Park Broadway	0553a	0603	0623	0634	0640	1521	1524	1527	1533	1752
Forest Gate Green Street	Stratford Broadway	0609	0629	0640	0646	0652	1530	1533	1536	1542	1801
Stratford Bus Station	Bromley-by-Bow Station	0612	0632	0643	0649	0655	1536	1539	1542	1548	1807
		0618	0638	0649	0655	0701	1540	1543	1546	1552	1810
		0627	0647	0658	0710	0748	1547	1550	1553	1559	1817
							1550	1556	1602		1826
								1559		1614	1826
Romford Station	Romford Market	1739	1744	1755	1801	1810	1816	1819	1826	1829	
Chadwell Heath Coopers Arms	Seven Kings Garage	2248	2258	2308	2319	2331	2343	2355	0007	0031	
Ilford Broadway	Manor Park Broadway	2252	2302	2312	2323	2335	2347	2359	0011	0035	
Forest Gate Green Street	Stratford Broadway	2302	2312	2322	2333	2345	2357	0004d	0009	0021	0034d
Stratford Bus Station	Bromley-by-Bow Station	2308	2318	2328	2339	2351	0003	0010	0015	0027	0039

Saturdays

From	To	0535	0605	0635	0700	0724	0748	0800	0812	0824	0836	0848	0915
Romford Station	Romford Market	0539	0609	0639	0704	0728	0752	0804	0816	0828	0840	0852	0902
Chadwell Heath Coopers Arms	Seven Kings Garage	0549	0619	0649	0714	0738	0750d	0802	0814	0826	0838	0850	0902
Ilford Broadway	Manor Park Broadway	0553a	0623	0653	0703	0716	0728	0741	0752	0804	0816	0828	0840
Forest Gate Green Street	Stratford Broadway	0609	0639	F	0659	0709	0722	0734	0747	0758	0810	0822	0834
Stratford Bus Station	Bromley-by-Bow Station	0612	0642	0652	0702	0712	0725	0737	0750	0801	0813	0825	0837
		0618	0648	0658	0708	0718	0731	0743	0756	0807	0819	0831	0843
		0621	0651	0701	0711	0721	0734	0746	0759	0810	0822	0834	0846
Romford Station	Romford Market	0900	0906	0917	0923	0932	0938	0941	0948	0951			
Chadwell Heath Coopers Arms	Seven Kings Garage	1724	1730	1741	1747	1756	1802	1805	1812	1815			
Ilford Broadway	Manor Park Broadway	2308	2319	2331	2343	2355	0015	0031	0035	0039	0045	0051	
Forest Gate Green Street	Stratford Broadway	2312	2323	2335	2347	2359	0011	0029	0033d	0045	0051		
Stratford Bus Station	Bromley-by-Bow Station	2322	2333	2345	2357	0004d	0009	0021	0034d	0045	0051		

Sundays (and National Public Holidays)

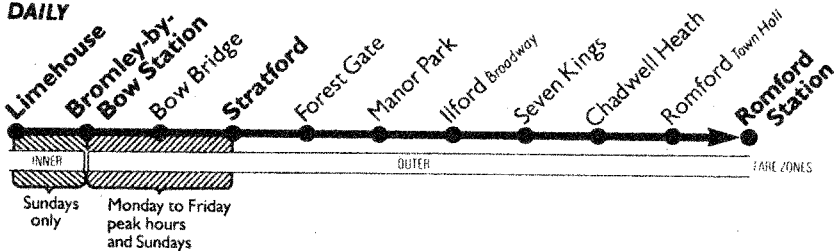
From	To	0706	0736	0806	0836	0851	0906	0918	0926	0935	2236	2251
Romford Station	Romford Market	0710	0740	0810	0840	0855	0905	0918	0926	0935	2240	2255
Chadwell Heath Coopers Arms	Seven Kings Garage	0720	0750	0820	0850	0905	0918	0926	0935	0943	2250	2305
Ilford Broadway	Manor Park Broadway	0641	0656	0711	0726	0741	0756	0811	0826	0841	2256	2311
Forest Gate Green Street	Stratford Broadway	0648	0703	0718	0733	0748	0803	0818	0833	0848	2303	2318
Stratford Bus Station	Bromley-by-Bow Station	0653	0708	0723	0738	0753	0808	0823	0838	0853	2308	2323
		0656	0711	0726	0741	0756	0811	0826	0841	0856	2311	2326
		0702	0717	0732	0747	0802	0817	0832	0847	0902	2317	2332
		0705	0735	0805	0835	0905	0935	0943	0951	0959	2324	2339
Romford Station	Romford Market	0724	0754	0824	0854	0924	0931	0943	0951	0959	2324	2339
Chadwell Heath Coopers Arms	Seven Kings Garage	0731	0801	0831	0901	0931	0943	0951	0959	1007	2331	2346
Ilford Broadway	Manor Park Broadway	2306	2321	2336	2351	0006	0026	0030	0034	0038	2336	2351
Forest Gate Green Street	Stratford Broadway	2310	2325	2340	2355	0010	0030	0034	0038	0042	2340	2355
Stratford Bus Station	Bromley-by-Bow Station	2320	2335	2350	0005	0020	0040	0044	0048	0052	2350	2405

a - Time at Ilford Station Lay Street

d - Time at Chadwell Heath Wangey Road

F - Continues to or starts from West Ham Garage via Green Street.

X - Certain buses continue to West Ham Garage and do not call at Stratford Bus Station.



Mondays to Fridays

NOTE Between Stratford and Romford extra buses provide a service every 6 minutes during peak hours.

Bromley-by-Bow Station ⚡	0629	0649	0706	1000
Stratford Bus Station ⚡	0706
Stratford Broadway	0638	0658	0709	0715
Forest Gate Green Street	0644	0704	0715	0721
Manor Park Broadway	0647	0707	0718	0724
Ilford Broadway	0559	0653	0713	0724	0730
Seven Kings Garage	0508	0528	0548	0606	0616	0626	0636	0646	0656	0700	0707	0714	0720	0726
Chadwell Heath Coopers Arms	0514	0534	0554	0612	0622	0632	0642	0652	0702	0706	0713	0720	0726	0732
Romford Market	0525	0545	0605	0623	0633	0643	0653	0703	0713	0717	0724	0731	0737	0743
Romford Station ⚡	0530	0550	0610	0628	0638	0648	0658	0708	0718	0722	0729	0736	0742	0749
Bromley-by-Bow Station ⚡
Stratford Bus Station ⚡	1012	1606	1745	1757	1809
Stratford Broadway	1015	1609	1614	1628	1645	1757	1809	1815	1821	1827
Forest Gate Green Street	1022	Then every 6 minutes until	1616	1621	1636	1653	Then about every 12 minutes until	1805	1817	1823	1829	1835
Manor Park Broadway	1026	1620	1625	1640	1657	1809	1821	1827	1833	1839
Ilford Broadway	1032	1626	1631	1649	1706	1818	1830	1836	1842	1848
Seven Kings Garage	1039	1633	1639	1657	1714	1826	1837	1843	1849	1852
Chadwell Heath Coopers Arms	1045	1639	1645	1703	1720	1832	1849	1856d
Romford Market	1056	1650	1656	1714	1731	1843	1900	1912
Romford Station ⚡	1102	1656	1702	1720	1737	1849	1905	1917
Stratford Bus Station ⚡	1854	2318	2330	2342	2357
Stratford Broadway	1857	Then every 12 minutes until	2321	2333	2345	2400
Forest Gate Green Street	1903	2327	2339	2351	0006
Manor Park Broadway	1906	2330	2342	2354	0009
Ilford Broadway	1912	2336	2348	2400	0015
Seven Kings Garage	1919	2343	2355	0007	0022d
Chadwell Heath Coopers Arms	1925	2349	0002d	0013	0029d
Romford Market	1936	2400	0024
Romford Station ⚡	1941	0005	0029

Saturdays

Stratford Bus Station ⚡ (X)
Stratford Broadway
Forest Gate Green Street
Manor Park Broadway
Ilford Broadway	0559
Seven Kings Garage	0508	0538	0606	0634	0700	0720	0731	0743	0755	0807	0819	0831	0843	0850
Chadwell Heath Coopers Arms	0514	0544	0612	0640	0706	0726	0737	0749	0801	0813	0825	0837	0849	0856
Romford Market	0525	0555	0623	0651	0717	0737	0748	0800	0812	0824	0836	0848	0900	0907
Romford Station ⚡	0530	0600	0628	0656	0722	0742	0753	0805	0817	0829	0841	0853	0905	0912
Stratford Bus Station ⚡ (X)	1000
Stratford Broadway	1003
Forest Gate Green Street	1010	Then every 6 minutes until	1706	1712	1718
Manor Park Broadway	1013	1709	1715	1721	Then about every 12 minutes until	2321	2333	2345	2400
Ilford Broadway	1019	1716	1722	1728	2327	2339	2351	0006
Seven Kings Garage	1027	1719	1725	1731	2330	2342	2354	0009
Chadwell Heath Coopers Arms	1033	1725	1731	1737	2336	2348	2400	0015
Romford Market	1045	1733	1739	1745	2343	2355	0007	0022
Romford Station ⚡	1052	1739	1751	2349	0002d	0013	0029d
.....	1751	1803	2400	0024
.....	1758	1810	0005	0029

Sundays (and National Public Holidays)

Limehouse London
Bromley-by-Bow Station ⚡
Stratford Bus Station ⚡
Stratford Broadway
Forest Gate Green Street
Manor Park Broadway
Ilford Broadway
Seven Kings Garage	0631	0701	0731	0801	0816
Chadwell Heath Coopers Arms	0637	0707	0737	0807	0822
Romford Market	0648	0718	0748	0818	0833
Romford Station ⚡	0653	0723	0753	0823	0838

d - Time at Chadwell Heath Wangey Road.

X - Certain buses start from West Ham Garage.